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Spouse helps promote LCol Donna Allen Page 6



Range and training area management officer Chuck Roeder explains how the new road in the RTA will accommodate the Army's new fleet of larger vehicles using it. *Photos Jules Xavier/Shilo Stag*

New road accommodates larger fleet

Jules Xavier
Shilo Stag

"CFB Shilo over the past several years have been planning to develop the Berlin to Cologne black track into an MSR. This will be multi-year endeavour with this year's objective to completing five kilometres."

Looking out on the RTA as he took the *Stag* on a tour of projects he's working on, range and training area management officer Chuck Roed-

er said the 12-kilometre gravel road has always been on his "to do" list. With three of those kilometres currently completed, Roeder said the reason for this new road is to accommodate the much larger military fleet being used by infantry and artillery while training in the RTA.

"All of this is being done so military training gains a quicker access to the southern part of the RTA," he explained. "It keeps traffic within our own boundaries, and reduces emergency services response time significantly."

See **NEW** page 5



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The Shilo Stag is produced every second Thursday.

Deadline for submissions is the Thursday prior to the week of publication. Submissions can be sent to the Stag via email at stag@mymts.net, dropped off at the Stag office located in CANEX or via Inter-base mail.

Submitting articles and photos for print:

- Please submit articles as a MS Word Document.
- Include the author's full name, rank, unit and contact information.
- Include photos with your articles whenever possible, however, do not embed photos in word documents.
- Please submit photos as high resolution jpegs (if scanned 300 dpi), digital images or in hard copy format.
- With photos, include a cutline which names the individuals in the photo; what's taking place; and the name, rank, and unit of the photographer.

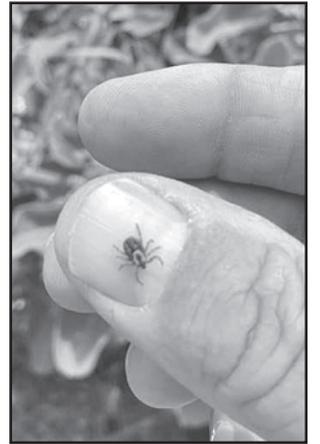
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Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.

Manitobans can reduce contact with deer ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.



Effectively remove ticks using fine pair of tweezers

Stag Special

Here in Shilo and its hinterland, some of us have lost the battle dealing with wood or "dog ticks" while enjoying hikes through grassy areas with our dogs in and around the Base or the Sprucewood trails.

Ticks are noticeable, too, at Camp Hughes.

This year, based on feedback and observations from outdoor enthusiasts, tick season is especially bad compared to the past few years.

Thinking our battle is finally done, several major media outlets have recently reported on the range expansion of yet another "blood sucking" tick which is invading all areas of Manitoba — the deer or "black-legged" tick.

Both types of ticks — wood or deer — cannot fly and they hang on tall grass with their little front legs outstretched and grab on when someone or something brushes past unsuspectingly.

The wood tick is a parasite which does not transmit diseases, but the deer tick does carry a bacterium called *Borrelia burgdorferi* which can cause Lyme disease. This bacterium is spread to the host when the tick bites.

What makes this tick more of a pest is that the deer or black-legged ticks are active from spring and well into the late fall months — remaining active until the first permanent snowfall or when air temperatures are consistently below four degrees Celsius.

What about tick removal once you return home following an outdoor excursion?

This is important if you recently were posted to this Base from areas of Canada not experiencing ticks.

The majority of individuals are unaware they have been bitten by a tick as the bites are usually painless.

When a tick is found attached on your body, removal can become tricky, especially if you are alone and the tick is on a hard-to-reach area.

Ticks are most effectively removed with a fine pair of tweezers.

The tick should be grasped as close to the skin as possible.

The feeding site should then be cleaned after the tick is removed.

Other methods such as using Vaseline, a match or soap is not recommended and can cause the insect to burrow deeper and release more saliva, which in-

creases the chances of disease transmission.

For soldiers, the tick you remove can then be placed in a small crush-proof bottle with a piece of moistened paper towel and taken to the Preventive Medicine Department — Base hospital — for identification.

Take note of where you are bitten by any tick.

If you see any unusual or extreme reaction to the bite, see your family doctor.

Occasionally some people may develop a secondary infection from a wood tick bite which requires medical attention.

If the tick does carry the bacteria, approximately 70 to 80 per cent will develop a rash three to 30 days after a bite from an infected tick.

This rash, known as Erythema migrans (EM), resembles a "bull's eye" and is not tender or itchy.

The other early symptoms of Lyme disease include: a rash other than EM, headache, fatigue, chills, fever, muscle aches, joint pain or swollen lymph nodes. Lyme disease is successfully treated with antibiotics.

How can an outdoor enthusiast on this Base avoid picking up a tick hitchhiker from latching while out in the wilderness or during exercises in the training area?

When walking or hiking in wooded or grassy areas take these precautions:

- walk down the center of trails rather than the trail margins;
- wear shoes, long pants tucked into socks and long-sleeved shirts;
- wear light coloured clothing to make it easier to spot ticks crawling on you;
- use spray repellents containing DEET on your clothes and exposed skin;
- use a "buddy" system for checking each other; and
- finally, showering within two hours of returning from a risk area inspecting for ticks, particularly in the arm pit and groin.

Unfortunately, ticks are a part of our environment at CFB Shilo and although we may not always appreciate their subtle beauty and highly specialized way of life, care and attention will help you work and relax more comfortably in the spaces we share.

For more information on Lyme disease and deer ticks, go online at www.phac-aspc.gc.ca/id-mi/lyme-fs-eng.php

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RCA Museum seeks Afghan War memorabilia for collection

Jules Xavier
Shilo Stag

The Afghanistan War is coming to an end after more than two decades, with US soldiers returning home before a Sept. 11 deadline established by US President Joe Biden.

The Afghan War was Canada's longest war, and its first significant combat engagement since the Korean War from 1950-53.

More than 40,000 Canadian Armed Forces (CAF) members served in the 12-year campaign, with 158 Canadian soldiers and seven civilians dying during this mission.

Thousands of other veterans of the war were wounded, physically and psychologically, leading to additional deaths by suicide.

After the 2001 terror attacks on the United States, Canada joined an international coalition to destroy the al-Qaeda terrorist network and the Taliban regime which sheltered it in Afghanistan.

Although the Taliban were removed from power and the al-Qaeda network was disrupted, Canada and its allies failed to destroy either group, or to secure and stabilize Afghani-

stan.

The last Canadian troops left the country in March 2014.

"It's part of our history, but recent history," said RCA Museum senior curator Jonathan Ferguson, who has idea on expanding the museum's Afghanistan exhibit. "We're looking to expand our permanent collection."

To do this the senior curator is seeking artifacts for the collection from retired or still serving soldiers. He's especially interested in medium-sized donations, whether it be personal kit — desert CADPAT uniforms were turned in to Base Supply after returning to Canada from deployment — or memorabilia collected while serving.

"We're looking at what's out there that [a soldier] might want to donate now," he said, acknowledging with donations from past wars usually coming in from family following the death of a soldiers, and wanting to preserve war memorabilia at the artillery museum.

"We'd like to showcase these donations and encourage donations. We'd also entertain loans to the museum if the item is [historically] important to them."

If you have a donation from the Afghan War, or want to discuss donating an item, contact Ferguson at 204-365-3000 ext 4563.

VA introduces expanded focus for commemorations

Joanie Veitch
Stag Special

How do you continue to honour veterans and their stories from the First and Second World Wars, and the Korean War, while broadening the lens to include experiences of all veterans?

That's the question Veterans Affairs Canada (VAC) is asking as they work on a 10-year strategic plan in consultation with a commemoration advisory group, other stakeholders and veterans themselves.

"As time passes, it's important the way we remember those who've worn the uniform continues to evolve," said Minister of Veterans Affairs Lawrence MacAulay during a recent live-stream event announcing the plan.

"Our goal is to make sure we recognize and pay tribute to all the brave Canadians who've stepped forward to serve

— not just in the wars we so often think about, but also in the more modern day missions and operations that have followed them."

Starting last month and continuing through 2021, VAC will consult with veterans and veterans' organizations, former and current Canadian Armed Forces (CAF) members, former and current RCMP members who served in international peacekeeping missions, and their families, to share their ideas about recognition and remembrance.

According to VAC spokesperson Emily Gauthier, the goal is to continue to share stories and mark key anniversaries from the First and Second World Wars, and Korean War, held at ceremonies at home and abroad, while adding more recent stories and contributions from international security, peace support, humanitarian missions and domestic operations here at home.

"By expanding our scope, it is our hope each person

who served this country sees themselves in the stories we share, and feels included and recognized for their service," said Gauthier.

"Canada's landscape is changing and the expanded scope in commemoration is intended to recognize that CAF members' experiences are different than those who served before them.

"It is intended to acknowledge the evolving and diverse nature of Canada and its military — 22 per cent are new citizens who may have little knowledge of Canada's military history contribution to peace and security in the world."

To find out more about the new approach, or to register to share ideas and thoughts about how best to recognize and commemorate veterans' experiences visit <http://letstalkveterans.ca/commemoration/>

Public Utilities Board

Public Notice

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 2.8 per cent decrease to Basic Autopac vehicle insurance rates and premiums effective on April 1, 2022, through March 31, 2023. MPI is also seeking to replace the 5 per cent capital release from last year's application with a rebate request currently estimated at \$155 million to be filed later this year. If approved, the rebate would be equivalent to a rate reduction of approximately 15 per cent.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

An electronic-based virtual public hearing on the proposed decrease will be held beginning:

Tuesday, October 12, 2021
at 9 a.m.

Please view the hearing via the Board's website (www.pubmanitoba.ca)

If you are interested in learning more about this rate decrease, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle, at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2021**.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
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Manitoba 

End of Cold War, downsizing sees 3RCHA finish its mission

Col (Ret'd) Peter Williams Stag Special

3RCHA originated at CFB Shilo on May 4, 1951, when the 79th Field Regiment RCA was authorized to be formed.

The batteries of the 79th Field Regiment were raised as Active Force sub-units on the framework of Reserve Force batteries — 209th, 258th, and 284th Field Batteries — for service in Hohn, Germany, with the 27th Canadian Infantry Brigade Group, which formed part of the British-led Northern Army Group.

79th Field Regiment was re-designated the 3RCHA on its Regimental birthday dated Oct. 16, 1953.

The first Commanding Officer (CO) was LCol M.L. Lahaie. The first Regimental Sergeant-Major (RSM) was WO 1st Class L.A. Archambault.

A month later, 3RCHA was replaced in Germany by 2RCHA.

On return to Canada, the core of 3RCHA formed at Garrison Petawawa in Ontario and were joined by its light battery, 'X' Battery, which included mostly Francophone Gunners.

The other three gun batteries were eventually re-named G, H and J. From Garrison Petawawa, 3RCHA, now some 600 strong, was deployed for post-Armistice service in Korea, with the 25th Canadian Infantry Brigade, from May to November 1954.

Equipped with 25-pounder guns/howitzers, it replaced 4RCHA on the Imjin River during May 1954 and where it remained until November 1954, when all Canadian Gunners were withdrawn from theatre.

Cold War

Following its tour in Korea, 3RCHA served for almost three years in Camp Debert, Nova Scotia. In 1956, as part of an RCA-wide plan, 3RCHA was re-equipped with the 105mm C1 howitzers and bid farewell to their venerable 25-pounders.

Among other changes made at this time, locating units were decentralized to the Brigade Group level, and each RCHA regiment in Canada was given a Regimental Locating Battery as part of a new five-battery organization, consisting of three 105mm field batteries, one medium 155mm battery and a locating battery.

In 3RCHA, the locating battery was designated U Battery. Shortly after, 3RCHA — less X Battery which moved to Camp Valcartier, Québec — moved to the new Camp Gagetown, New Brunswick, being the first Gunner unit to be stationed there.

In Gagetown, soldiers occupied single quarters named after the previous Honorary Colonel Commandant, MGen H.O.N. Brownfield.

Gunner units of this period also included Air Observation Post (Air OP) Flights. The flights were initially equipped with the British wartime Auster Mark VI aircraft, and in late 1954 were re-equipped with the US-built Cessna L-19.

A number of field artillery officers underwent basic pilot training at the Brandon Flying Club. They then progressed to the Light Aircraft School in nearby Rivers for advanced training. Their role was to provide aerial artillery observation, air photography, liaison and reconnaissance.

In 1960, Air Observation Troops were added to the four RCHA regiments located in Gagetown, Petawawa, Shilo and Fort Prince of Wales, Germany, and the two original Flights were reduced to nil strength.

The new Air OP Troops operated under regimental control until 1970 - 1971, when they converted to Kiowa helicopters and were subsequently absorbed into the Air Command — now RCAF — helicopter squadrons.

3RCHA served a second tour in Germany, at Fort Prince of Wales, from 1960 - 1963, having replaced 1RCHA.

3RCHA was the last Gunner unit to sail to Germany and the first to return to Canada by air at the end of its tour, when it was replaced by 2RCHA. It was also the last unit to complete a tour with three towed gun batteries.



3RCHA's Gunners had been involved in avalanche control duties at Roger's Pass, BC, since 1964; each year a detachment of C1 105mm howitzers is used from Dec. 1 to April 1 on Op PALACI to fire high explosive rounds at critical trigger points along 27 miles of highway in Glacier National Park as a means of preventing snow build-up and avalanches.

trigger points along 27 miles of highway in Glacier National Park as a means of preventing snow build-up and avalanches.

3RCHA has supported many flood control operations, since as early as 1966, when they were deployed for more than a month along the Red River in Manitoba.

Canada's centennial year also saw troops from Winnipeg-based 3RCHA provide support to the Fifth Pan-Am Games, which were being held in the city.

3RCHA was granted the Freedom of the City of Brandon on Sept. 5, 1967.

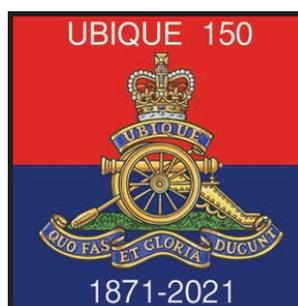
In 1970, as part of Op ESSAY, troops from 3RCHA were deployed to the Montreal area during the October (FLQ) Crisis.

End of Mission

As a result with the end of the Cold War and subsequent downsizing of the Canadian Forces (CF) in 1992, the history of 3RCHA was coming to an end.

The last CO was LCol M.D. Capstick, with the last RSM being CWO W.W. Noseworthy.

As recorded in 1992 edition of *The Canadian Gunner*, "July 29, 1992 marked a sad day for the members of 3rd Regiment Royal Canadian Horse Artillery, with the reduction of 3RCHA to nil strength on the order of battle. It was apparent to all present on the parade the re-designation of the Regiment — to 1RCHA — would in no way diminish the fighting spirit of 3RCHA. UBIQUE."



New AGLS range significantly reduces Area B footprint

From the front

This new section of gravel road is 11 metres to the shoulders and nine metres of driving surface which should be capable of accommodating the evolving AFV and SMP fleets.

Given today's environment climate this new route will also reduce the carbon footprint, said Roeder, who works for Base Operations, which comes under G3.

This road project has been a collaboration between RPOU which has been providing construction material and contracted services, with construction support provided by the SPV heavy-equipment section.

"This construction work was only possible because of preparation and vegetation clearance that took place," he said. "This was a direct result of the hard work, determination and perseverance of Pierre Desjardins, who over the past several months had dug into this project to ensure the ground was ready for construction."

Having worked in his current job for the past 14 years after retiring from the military, Roeder takes pride in all of the projects he's watch from birth to completion.

"This road is needed," he said. "Compared to decades ago, today the military is using a much larger fleets, so this wider road can accommodate the TAPV and LAV 6, which are much larger vehicles."

He added, "the wide roadway also provides a better line of sight, and drivers can see oncoming vehicles, especially on a dusty day, or wildlife which call the RTA home ... like deer, elk and black bears."

Another project being built will accommodate the Auto Grenade Launching System (AGLS) range and Anti-Armour Range (AAR).

"The firing point is located so [soldiers] will be firing

east on the RTA," explained Roeder. "There are four above ground trenches ... these firing positions will be similar to the existing Rocket Range, but will be three times the size."

"This range will be the first designed and developed AGLS range within Canada capable of firing all natures of C16 munitions as well as AAR weapon systems ammunition."

The range was designed and conceived with a view for potential range expansion. As DND pursues advancements in weapon systems and munitions Roeder acknowledged the reality that someday the military may outgrow this training area is a possibility.

This second project was started in May, with construction coming along in anticipation of laying concrete for the above ground trenches sometime in July.

The admin area will be part of this project, consisting of a troop shelter, ammunition prep area, sentry hut and security infrastructure.

"It is important to understand once this range goes live with HEAT or HEDP ammunition the impact area will become a Type 1 danger area," he said. "This means there will be no movement or deployment forward of the fixed firing pad. As part of this project there will be a perimeter fence with two layers for warnings signs posted."

This new range will significantly reduce the Area B footprint; this may potentially push more training to adjacent impact areas.

"It's all about the troops and providing them with a world class RTA to enable them to train efficiently and effectively," he said. "And what we're doing here is just that when you see what the troops have to work with in our RTA."

Gravel is dumped on geo grid, then packed, with the Base's RTA having a new wider road being built.



Virtual group established for relatives of CAF members

Yves Bélanger
Stag Special

Almost two years ago, Montreal region volunteers Ann Marcotte and Joanne Saccomani from the Military Family Resource Centre (MFRC) launched a private group on Facebook for relatives of Canadian Armed Forces (CAF) newcomers.

Their goal was to help them better understand how life works in the CAF.

Marcotte explained the duo were already collaborating in the presentations of the Military Life 101 workshops offered to parents and relatives of new CAF members by the MFRC.

"We figured a discussion group would be very helpful."

This is how the families-relatives of the new soldiers group came into being. Its objective is to allow families and loved ones to discuss various topics such as the graduation ceremony of the Canadian Armed Forces Leadership and Recruit School, to share photos or carpool offers.

"They can talk to each other and support each other. We are also available to answer their questions," said Marcotte.

The two women, who saw their sons enlist in the CAF, admit having a very different connection with the Canadian military.

A former Royal Canadian Navy reservist, Marcotte had several members of her family who made careers in the military world.

"Watching my son become an officer was just normal for me," she said.

It was experienced differently by Saccomani, who had never had a direct connection to military life before her son told her he wanted to enlist.

"Suddenly, I was facing an unknown world," she said.

Marcotte maintains that several parents of new soldiers are in the same situation as her accomplice.

"Many parents are anxious their child has chosen such a profession. By helping them better understand military life, we are able to appease them."

It was while becoming involved with the MFRC that Saccomani got to know Marcotte. She said the chemistry is excellent between them.

"We compliment each other well. In fact, we represent the two types of parents we work with well."

Currently, the group families-friends of new military has nearly 350 members. The two women hope to add a lot more.

"In fact, we had quite a few projects for this group that had to be put on hold due to the COVID-19 pandemic," said Marcotte.

"Among other things, we wanted to organize in-person networking evenings to further promote exchanges between parents and relatives of military personnel."

Once the pandemic is done, the two leaders of the Facebook group have every intention of implementing various activities which will promote the creation of links.

To access the Facebook group visit www.facebook.com/groups/466154543919591



Trim please!

Dean the Barber is back in business — he opened June 26 following a second closure when Manitoba was dealing with its COVID-19 third wave. He's booking up quickly for those needing a haircut like MWO Brad Larroque here having his curls clipped so he can wear his golf hat again.

Photo Jules Xavier/Shilo Stag





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1CMBG visit

During his visit to CFB Shilo, 1CMBG Comd Col Wade Rutland had an opportunity to visit 1RCHA, where he presented a few of his command coins to soldiers involved in Ops VECTOR and LASER as well he recognized WO Amanda Merkley with an HR Admin Occupational coin.

Photos Jules Xavier/Shilo Stag



MCpl Dubord



MCpl Travers



LCol Allen



Lt Gay



MWO Osztian



Tammy Power



Lt McBurnie



MWO Gillman



WO Casey



MCpl Steeves



MCpl Swanson



MCpl Taylor



MCpl Lanouette



MCpl Doerksen



MCpl Tremblay

Shilo Stag

Being promoted to lieutenant colonel was extra special for Maj Donna Allen, who left Manitoba June 28 for her next posting in Ottawa.

Not only did 1RCHA CO LCol David Brassard take part in the promotion for Maj Allen at Base HQ, but so did her spouse Deb Crosby.

With her second floor office emptied, now LCol Allen told the Stag at CANEX she's looking forward to her next chapter in the Canadian Armed Forces (CAF) and will cherish the memories she made while working at CFB Shilo.

Now Lt Patrick McBurnie also had family help for his promotion, with wife Capt Joyelle Norris doing the honours while A/BComd Maj Howie Nelson and BRSM CWO Jeremy Abrahamse looked on.

MWO Jason Power from 1RCHA's A Bty presented his wife Tammy Power — NPF accounting manager — with her Special Service Medal NATO Bar.

Other promotions included Lt Matthew Gay, MWO Jamie Gillman and WO Wilfred Casey.

There are six corporals now wearing MCpl stripes following the honours and awards parade: Jean Tremblay, Garrett Steeves, Rhea Swanson, Leanne Taylor, Robert Lanouette and Rueben Doerksen.

Posted to Ottawa Spouse part of promotion ceremony for LCol Allen

Meanwhile, MWO Sean Osztian received a special award for his work as PMC president. Posted to CFB Toronto, the now departed MWO Osztian received a special PMC gavel to put in his CAF memory box.

Incoming BComd LCol Chris Wood was able to present two master corporal promotions outdoors, with stops at Base Transport and Base Supply.

Prior to the promotion ceremonies, LCol Wood thanked the soldiers and civilians in attendance working at those two Base operations, for their efforts during a pandemic.

First to receive her new rank was now MCpl Isabelle Dubord, from Base Transport. She was followed by now MCpl Travers, from Base Supply.

Afterwards, CWO Abrahamse reminded soldiers with the Base nearing some form of normalcy following the start of the pandemic in March 2020, there will be a return to military department so haircuts and beard trimming will be required.

This can be accommodated now that Dean the Barber is back in business following changes to the provincial Code Red restrictions. Barbershops are now open during Manitoba's Code Orange status with limited capacity. Walk-ins are welcome depending on how busy staff are upon arrival, therefore, booking an appointment is recommended. Call 204-765-4979.



Canada turns 154

PSP provided a drive-in movie and fireworks on Base to mark Canada Day.

Photos Jules Xavier/Shilo Stag

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Free ads (non-profit only) restricted to members of the CAF, employees of CFB Shilo and the residents of the surrounding area.

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CANEX needs you: Sales associate part-time position with 13 to 32 hr/week required. Must be available days/evenings, and weekends. Starting salary is \$12.53 per hour, progressing to \$14.77 per designated pay band. Under the direction of the department supervisor, a clerk/cashier scans customer purchases, processes transactions, and accepts payment. He/she prices, stocks shelves, counters and display areas with merchandise and keeps stock in order. He/she performs cleaning duties as required. Apply in person at CANEX admin office, or NPF Human Resources office at base HQ.

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Padre Smallwood - ext 6836
Padre Walton - ext 3088
Padre Chang - ext 3089
Our Lady of Shilo Chapel
Sunday at 10:30 a.m.

Confessions by appointment
Padre Nnanna - ext 3090
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LETTER HOME FROM FRANCE

Soldier from Russell part of machine gun crew

Editor's Note: During the First World War Pte Cecil Minary served in the CEF, beginning his military training at Camp Hughes prior to being shipped to England for further training. He saw his first action soon after Canada's involvement in the Battle of Vimy Ridge in France. His great-great-niece Kendra Minary has spent the COVID pandemic going thru the original letters he wrote home from England and France prior to being KIA on Aug. 28, 1918. The Lewis gunner died on the battlefield after his crew was hit by a German artillery shell. The Stag will share Kendra's great-great-uncle's letters with our Stag readers to give you a peek at what a soldier was contemplating with pencil and paper while in the UK training or in France in a trench waiting for the next attack or counter-attack. Cecil's letters are transcribed as they were written, so this includes his spelling, grammar and punctuation. Of note, from his letters home he rarely described his clashes with Fritz, instead preferring to enquire about life on the family farm or what his family and friends were doing back in Manitba. Unlike some some soldiers who would share their war stories in their letters, Pte Minary had his own distinct writing style no matter if it's his dad, sister or a relative. He also made the job of Army censors easier by not including war details which would be blacked out. That's the reason why his letters are "somewhere in France" once he left England for the Western Front.

829297
Somewhere in France
B Coy
Thursday July 10th 1918

Dear Sister Annie.

Well here I am again almost missing this time eh Annie. I received your letter of June first the same evening as I mailed my last letter and here I am just getting it answered. I intended answering last Saturday (sic). But we moved that day and have been sick up till today and as I am feeling better now I thought that I had better get busy.

I was glad to know of Chesley winning out at the

sports but then I might of known that they would win it I guess the ball will be all knocked in the head by now though with Bruce and Alf away or are they able to get out from Brandon for a few games yet?

Say Annie who should pop in to see me the other night but Joe, some surprise eh? The first to that I had ever seen him in uniform he had got word as to where the 52nd was so he run up on a motorcycle he is looking just as well as usual and of course we had a great old talk over old times especially when I got him over to see Roy Wallace and the two Lillioe Boys it was kind of late that night before we went to our beds.

This is an awfull (sic) looking photo time isn't it

Annie I hope it does not give you to bad a scare when you first look at it, we are looking awfull (sic) cross over something what do you think? The other fellow is Harry Warrington from Russell Manitoba he is in my machine gun crew. He is quite a big fellow and is only twenty years old. How are the crops coming on at home I see by last night Canadian record that Manitoba has promise of another bumper crop like 1915 that was my last fall at home. Dad and Vic will have there (sic) lands full this year eh?

Well Annie this is all just now so will hoping to hear from you soon

With lots of love to all

I remain Your loving Brother Cecil xxx

Soldiers using GSH for workouts still required to book appointments

Shilo Stag

Access to use facilities at the GSH is by appointment only, says fitness, sports and recreation manager Jim MacKenzie.

Initially closed last November and then again this past May when the Base went into lockdown because of the COVID-19 pandemic's third wave, the GSH officially re-opened again June 25 with a number of new protocols in place, as well as plenty of signage for physical-distancing and hand sanitizer strategically placed throughout the building.

"This is no longer the norm in what we used to do in the GSH," explained MacKenzie. "There will be no indoor sports like basketball, volleyball or floor hockey in the gym for now."

With occupancy rules in place provincially, GSH staff will be controlling traffic to the various gym spaces by monitoring who is coming to use the gym, weight rooms, pool and fitness classes.

"Everyone who comes to use the gym must book an appointment," explained MacKenzie. "You just don't show up anymore to use the gym, or workout on the weights. You need to register online."

Currently open Monday to Friday from 6 a.m. to 8 p.m., Saturday, Sunday or holidays 9 a.m. to 5 p.m., the GSH is now operating with an online registration program for access to facilities or equipment bookings.

What does this mean for military members and their families? MacKenzie acknowledged all soldiers and civilians must have a GSH membership and are required to complete an online profile form in order to have an account created and be able to book a facility or piece of equipment.

Where do you create your profile? Visit <https://bkk.cfmws.com/shilopub>

Once the form has been submitted, users will receive an e-mail within 24 hours containing a username and temporary password so they can log into their account and begin making bookings.

According to MacKenzie, priority will be given to military members Monday to Friday between 6 a.m. and 11:15 a.m. Those who have a GSH membership will be permitted to book facility/machines Monday to Friday from 11:15 a.m. to 8 p.m. and anytime on the weekend.

If you book outside your allowed timings, your request will be denied. Of note, all users are required to make a booking at least 24 hours prior to their requested booking to allow for processing. First-time users will be issued a GSH card which they can be picked up prior to their first booking.

Booking requests will be reviewed by GSH staff to ensure protocols are being adhered to. If they are not, your booking will be denied. All users will be limited to booking two, one-hour time slots for facilities or equipment per day.

Users are not permitted to book the same facility back-to-back — you cannot book the weight room for two hours, however you can book the weight room for an hour and then a treadmill for an hour immediately following.

Users are allowed to book facilities/machines no more than two weeks in advance. Any bookings requested beyond the two weeks will be denied.

If users cannot make a booking, they must go into their account, find their history and pull up their invoice and make the cancellation or they must send an e-mail to pspfa

cilitybookings@forces.gc.ca

If users do not show up for their time slot a total of two times without cancelling in advance, their booking privileges will be revoked. Late arrivals for time slot bookings will only have the remainder of that time slot for their use.

Online bookings will include individual equipment options for the cardio room and spaces for the weight/combat fitness room — spaces are limited to comply with current provincial regulations regarding physical distancing.

ALL individuals working out or using the facilities must wear a proper face mask at all times.

Currently, the pool is open only for lap swimming.

Following are your GSH facility procedures:

- All military and GSH members are required to use hand sanitizer upon entering the facility.

- All users MUST check in at the front desk and scan their GSH card. The front desk attendant will check your name with our facility booking report to ensure you have a booking. You will not gain entry into the facility if you do not have a booking.

- If you have two bookings, you must check in at the front desk prior to entering the second facility space — after your weight room booking, check in at front desk before going to your treadmill. All users MUST sanitize all equipment used prior to and after usage. Failure to do so will result in a warning, where booking privileges may be revoked.

- Gyms A and B and indoor cycle classes are limited to military unit training only and must be booked through the appropriate chain of command and requires PSP staff to lead the activity. Booking must be made through the fitness co-ordinator.

2PPCLI welcome CO LCol Jesse van Eijk

Stag photos Jules Xavier




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LCol Mike Reekie waved farewell from a CH-146 Griffon helicopter to his "warriors" during 2PPCLI's CoC ceremony. He was guarded by his RSM CWO Perry, while padre Capt Smallwood prayed for the outgoing CO. Incoming CO LCol Jesse van Eijk received the colours from LCol Reekie prior to moving the ceremony outdoors.



NOTICE TO READERS

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